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FAULKNER'S
SIMPLE DIET BOOK

Selection, Preparation
Combination of Foods

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Simplicity[®] is the secret of health and happiness

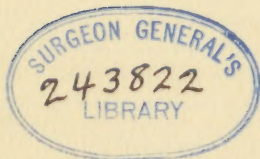
FAULKNER'S SIMPLE DIET BOOK

A Treatise on Practical, Simple Dietetics Written as a Guide
for Those Who Are Searching in Earnest for
Health and Happiness

✓ By

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WHY THIS BOOK?

There are many good dietetic books on the market, but most of them are too complicated. This fact and many requests coming from friends asking that I publish a book dealing with dietetic simplicity, is my excuse for writing this little treatise.

My discussion of food may not present anything new, but I hope that the book will appeal to those who have food problems to solve. I purposely avoid the field of fancy cooking—the market is overstocked with such books. Simplicity is my aim. Since correcting the diet means slow, gradual re-education, I have tried to lay down no hard and fast rules, but have attempted to be rational and practical. What I have to present comes from ten years' careful study of diet in the kitchen and elsewhere—four years of that time being spent in Institutional work observing daily the feeding of the sick. My aim is to induce people to eat less flesh foods and work more toward the unfired foods; these aims are ideals that I respect. I now commend this book to you, my readers, to test and prove.

THE AUTHOR.

NECESSITY OF DIETETIC REFORM



THE average individual laughs at you when you speak of dieting. If he does not actually call you a freak, crank or faddist, he thinks it of you all the same. Often people will point out Mr. or Mrs. So-and-So who lived to old age in fair health, eating what he pleased and when he pleased, but in going into the daily life habits of such people I usually find that they pleased to eat much of simple foods. Each of my grandmothers drank coffee, ate meat, white bread and many other objectionable foods, and both of them lived in fair health well past eighty. When they were growing up foods were not commercialized as they are now. They built up good constitutions, such as come from pioneering on simple foods and living much in the open. I am wondering if the change in their diet, the foods that fed their children was not largely responsible for me, the grandson, developing into a physical wreck while yet in my teens. At least it was not until I corrected my eating habits that I began

to regain my health, and the more nearly I confine my eating to simple, natural foods, the better health and more vitality I have.

The blooded live stock we have today over which we pride ourselves is only the product of careful selection of well nourished, well fed animals over a period of many generations. I have been told that when the queen dies bees often will remove the walls from around three or four eggs, destroy all but one and by special feeding of the larva hatching from this egg develop it into a queen bee. This larva, which otherwise would have developed into a worker bee, has, by special food selection alone, been made to develop into a queen capable of producing eggs for a new colony. If food selection will work such wonders in the animal kingdom, why not equally as good results in man? When purchasing an auto we want one built of good material, so that it will stand service; we want good gas which will give power. We should at least take the same interest in the efficiency of our own bodies.

Were we all tillers of the soil and producers of our own foods, we could then be sure that our foods are pure, but since we are not, foods pass through many hands before reaching the table. Foods have become a commodity of wealth to be gambled on. Where dollars and cents are in-

volved you will always find unscrupulous men whose love for the dollar is greater than love for their fellowman—the game of handling food is no exception. Many so called foods on the market have been processed to such an extent that they are no longer live foods—they are disease producing. Often poisons are added to foods for commercial gains. In order that you may make a better selection of foods I shall now point out some of the foods which have been tampered with.

TAMPERED FOODS

In discussing tampered foods I shall deal with the grains or cereals first. You will find that nature has placed in the grain of wheat the proper elements in right proportion for food for animals. The more it is refined and processed the less valuable it becomes as an article of food. White flour products are disease producing; they have been robbed of some of the most vital elements of the grain. These discarded elements form man's most valuable food. Horses and cattle thrive on bran and the coarser elements of the wheat, while man who uses the white, refined portion sickens from it. No amount of substitution of other elements can take the place of the natural elements from the grain. In order that corn-meal may keep better, the oily part is removed. Grains, if ground, should be ground

shortly before being used. Grind and eat the entire grain.

White sugar is another refined product that should not be eaten. In order to create a demand for white sugar, refinery interests ran ads picturing a louse or mite which was found in brown coarse sugar. The thought of this while eating brown sugar brought a disgust and in time helped to create a demand for the refined product. Negroes working in sugar cane fields avoid the refined product. It should have spoken well for the brown sugar that bugs infested it, for bugs discriminate between dead and live foods where man does not. Be wise and avoid foods that are refined to so lifeless a degree that insects and bugs will not eat them. Some who have tried the experiment say that a tooth buried in white sugar for awhile will become soft. The reason for this is that the hard elements in the tooth have a special affinity for the white sugar. Place together two elements that have a chemical affinity one for the other and they will unite. This explains why the eating of white sugar and candy will cause the teeth to decay. There is always danger of over-refined foods, which rob the tissues of the body of valuable mineral elements by drawing away from them to form a chemical union. Thus you see that in eating refined foods you not only fail to take into the body the re-

quired elements, but also run the risk of having valuable elements extracted from the tissues.

Syrups and molasses are often treated with sulphur dioxide, candies are often colored with poisonous dyes, canned fruits and meats, pickles and many other foods are artificially colored. In many places ice cream and soda fountain drinks contain harmful ingredients. Awhile ago I saw reported in the paper that several soda fountain stands had been inspected by the health authorities in a nearby town and the proprietors fined for mixing poisonous ingredients with drinks.

A few days afterwards I chanced to be passing by one of these places and saw labeled on a jar of fruit juice mixtures the contents, naming some poisonous coloring. The pure food laws require that foods treated or cured with injurious substances be labeled telling what poison was used. This is done in order to protect the health of the public, but how many people stop to read the label on the foods they buy to learn whether they are buying foods or poisons. When you value your health as you should, you will demand that the foods you buy contain no poisons. People demanding this will in time force the dealer to sell nothing but pure foods. Investigate this for yourself; possibly by so doing

you can find the cause of your ills. Untampered foods are the best.

BUYING FOODS

There is a great advantage in knowing how to buy foods from the market. Careful buying is not only a saving in dollars, but is equally as important from a health standpoint. The farmer or gardener who grows his own fruits and vegetables has an advantage over the city dweller, but it is quite easy for the city dweller to select proper food if he knows how. The growing and especially the marketing of foods has been commercialized to the extreme. In buying from the market the inexperienced buyer often pays good money for death producing foods. Awhile ago a noted chemist distilled from canned goods (bought from the market) enough analine dye to color an American flag. These dyes are coal-tar products, which are poisons to living cells. In buying canned goods see if they are natural in color or if artificially colored. Many fruits, pickles, and vegetables are artificially colored. Avoid these. Avoid all canned meats, and when buying dried fruits ask for sun-dried, unsulphured fruit. They are not to be found on all markets, but asking for them creates a demand. If eating outside the home, avoid quick lunch stands; they rely too much on canned goods. For one who wants to

economize, buying over the telephone is a poor policy. Expensive prices do not always buy the choicest and best foods. The fancy hot-house lettuce or tomatoes are not to be compared to the same product grown naturally in the open. Forcing the growth of foods is done at the expense of quality. The irrigated potato is not as good as dry land potatoes. Soil fertility is also of importance to those who have their own garden. I believe in clean soils. Clean vegetation is grown in clean soils. Vegetation grown in clean soils is not molested by insects as when grown in filthy soil. Animal fertilizer, such as barn-yard manure, is what I call filthy fertilizer. Use mineral elements to enrich the soil.

Medium sized fruits are often better and more tasty than the fancy large ones. Fruits should really ripen on the trees. The banana should not be eaten before brown spots appear on the skin. Ripened on the tree, the peel turns a nice yellow when ripe. Of the foods that will keep, buying in bulk is a saving. Lettuce and other green vegetables will keep nice and fresh when wrapped in damp cloth or paper and placed in a cool place. Carrots and potatoes keep well if placed in slightly moist soil in cellars.

It takes clean soils to produce the best of foods, and man must eat of clean foods to insure health and efficiency. Buy foods for quality and

not bulk. If you would economize, do your marketing first hand. Know what you are buying, health forming or disease producing foods.

REFINED AND PROCESSED FOODS

Too much tampering with foods is a curse to man. In Russia people are starving because of lack of food, while in America they starve, yes, slowly starve, from eating of refined, devitalized foods. Commercial interests adulterate, refine and process many foods until they are more dead foods than alive. Products so much refined that bugs and mice will not molest them are not fit food for man. Nature places in the plant the elements in the right proportion for food for man. Concentration of these is not to be desired; removal of parts and attempts to substitute are disastrous.

I shall now name a few of the many articles on the market which have been tampered with and over-refined. All white flour products, polished rice, preserved meats, many of the fruits and vegetables when canned or dried, white sugar, syrups, soda fountain drinks, and ice cream.

The man who places poisons in foods should be prosecuted as all other criminals. The man who destroys the life of food through refining should know that he is doing an injustice to his

fellowman. If you truly value your health, refuse to buy foods that have been tampered with.

CONCENTRATED FOODS

Concentrated foods of all kinds should be avoided, unless in the form of extracted juices of fruits and vegetables for medicinal purposes. As a general rule the coarser parts as well as the finer parts of a food are needed in the processes of digestion. Health is not to be built and maintained on condensed and predigested foods. To eat of them until there is a satisfied fullness of stomach is to eat more than the body requires for the time being, and this means waste of energy in disposal of the surplus. Since they require but little chewing, they are bolted down, only partly being mixed with the saliva, which also takes from the teeth the work which keeps them sound. Concentrated sweets are possibly the greatest curse of condensed foods. Eating of candies, syrups, cakes, pies, and many other confectionery should be condemned. Sweet fruits and honey should take their place. Most all of us eat butter, oils and other concentrated fats to the detriment of health. Fats are to be had in the best form found and eaten just as they are in nuts, olives, and milk without extracting.

THE DIET QUESTION

Why do we eat? What, when and how much shall we eat? These are questions which seem to puzzle many people. The answer is easy when you once know the function of foods in the body and learn of your limitations. To make it more clear, I shall briefly discuss the work performed by foods in the body, by simple classification.

GROUP 1: Group one is called the builder. Their place is to repair waste and build new tissues. They go by the name of protein foods because the substance known as protein predominates. Lean meat, cheese, whole grains, nuts, legumes and foods of like nature are heavy in protein. Protein is a very complex food. In the human economy there is no special provision whereby protein can be stored up in any appreciable quantity for further use, that taken into the body more than what is demanded for the time being is surplus to be converted into waste. Much waste in the body causes overwork on the eliminative organs. In time overwork will wear out the strongest of organs. This group of foods is therefore cumulative in nature. For this reason the daily rations must not be overbalanced toward such foods. Mother's milk, which feeds the fast growing baby, contains less

than four per cent of protein. Judging from this, most of us eat far too much protein. People who are on a curative diet, and especially those who have rheumatism or other gouty conditions, should eat very sparingly of protein. Often this food is at fault in the beginning, rather than sugar, causing diabetes.

GROUP 2: Here you will find a class of foods which are producers of heat and energy in the body, the fats, sugars and starches—the fats also acting as padding and protection to certain tissues of the body. In composition, chemically they contain three of the six elements found in protein; they are less cumulative, but tend to form acid waste in the body, especially if the refined, condensed product is eaten. Natural sweets are found in fruits, melons, carrots, beets, and in small amounts in many other vegetables, and as a concentrated form in honey. Starch is found in potatoes, legumes, grains and green fruits. In the process of digestion starches are converted into sugar. Sugar can be stored up in the body for further use, but at risk of congestion of the liver. Fats are found in the natural state in nuts, olives, cream, aligator pears, and meat. There are no normal fat cells in the body. Fats replace and crowd to the side protoplasm or the life elements of the cell. You will see by

this that we accumulate excess fat at the expense of the life of the living cells.

GROUP 3: Foods of this group have medicinal properties, acting as neutralizers and eliminators of waste formed by the first two groups, and the ones formed from natural tearing down of dead tissue in the process of growth and repair. They also add some building material. They are classed as non-cumulative. The important foods in this group are fruits of the acid and subacid varieties, and green, leafy vegetables.

GROUP 4: This group comprises the liquid foods. I have already discussed this subject under the heading of liquid foods. Nothing can satisfy thirst as pure water; next comes fresh fruit juices and vegetable juices.

In regulating the diet for health the great danger is in eating too much of group one and two. Group three is the most important. While on the curative diet, avoid cumulative foods. During acute reactions use only the juices of group three diluted with water.

WHAT SHALL WE EAT?

This topic has been pretty well discussed in the one preceding it. Close observation of the tendencies of a child and a study of the eating habits of animals will answer this question. A

brief declaration of my dietetic principles may answer it more satisfactorily. My aim in solving my dietetic problems is to gradually eliminate flesh foods from the diet; to hold the unfired food plan as an ideal to work toward; to live on simple, natural foods and but few articles to a meal.

WHEN SHALL WE EAT?

The only excuse for eating is true hunger, which is prompted by a call from within to supply nourishment to the tissue of the body. Eating to celebrate or just because the gong rang is a very unwise thing to do. When not hungry, fast until hunger returns.

HOW MUCH SHALL WE EAT?

Most of us eat too much. At one time I ate fully twice as much as I do now. After I began to eat less I gained in health, strength and weight. Many people are inefficient because all their energy is used up in taking care of surplus food. Cooked, hot, spiced and pickled foods create abnormal hunger and lead to overeating. In my experience I have found it true that the first step on the road to cure is to cut down on the intake of food.

FLESH EATING

I am using the word flesh, because eggs, milk and some other food products may well be

classed as meat. In the field of dietetics flesh eating has called forth much discussion. It is a subject that each individual must weigh and decide for himself. To decide intelligently, you must know both sides of a question. It must have been by accident that man first took to eating flesh. I am thoroughly convinced that most of us would fare better by leaving such food out of the diet entirely. My experience and observation has been that a fleshless diet for the sick almost invariably hastens cure. I realize that there is a diet for the sick and a diet for the well, yet my reason tells me that a diet which nourishes and cures at the same time has sufficient food elements to maintain one when in health. Endurance tests by athletes while on a fleshless diet, and millions of people are living today on such a diet, as Bernard Shaw, Helen Keller and other noted writers and thinkers of today—Plato, Tolstoi of yesterday, who were abstainers from flesh—are sufficient proof to me that one can be healthy and brilliant on a fleshless diet.

I could tell you of all the unclealiness of animal foods, and of my impressions after a visit to the stockyards awhile ago, but I shall not. I know of a man who did do that, and after awhile he recanted and went back to his flesh pot. Since I have never gone longer than one year at a time on a fleshless diet, I cannot speak with the wis-

dom of some others, but so far, I am pleased with the results. If some day I find that I am more alert physically and mentally through eating meat, I, too, shall lay aside my conscientious scruples against flesh foods. It is something that one cannot afford to be overly sensitive about. I abhor the thought of taking life, yet daily I tread under foot thousands of tiny creatures whose lives are no doubt as precious to them as my life is to me.

I shall sum up the subject as follows:

Good health can be had with or without flesh foods.

Improperly combined vegetable meals often cause more harm than a properly combined meat meal.

Flesh foods tend to excite the baser passions, for that reason such foods should not be fed to growing children.

As a general rule leave flesh foods entirely out of a curative diet.

Avoid canned and preserved meats, bacon possibly being least harmful of preserved meats. Only fresh fish should be eaten. I believe oysters to be unclean food for man.

Meats combined with acid and subacid fruits, with tomatoes and green, leafy vegetables, and with green, leafy vegetable and succulent vegetables cooked.

A meal of lettuce or tomatoes and meat makes a good combination.

Toast, spinach and bacon is not bad.

Fresh fish with grapefruit and lettuce or tomatoes is good.

Serve no bread, beans, peas, potatoes with meat meals, nor pie, cake or coffee.

DAIRY PRODUCTS

Strictly speaking, milk belongs to the animal products and should not form a part of the diet of a vegetarian or fruitarian. Many condemn dairy products as food for the adult, giving as reasons the following: The juices of the stomach of an infant, until it is old enough to take solids, is alkaline in reaction, while that of the adult is acid. In all other animal life there comes a time of weaning away from milk entirely. With the young in nursing, the milk is taken direct from the breast of the mother to the mouth of the young, without coming in contact with the air. These and several other reasons why adults should not use milk and its products as food are given by the diet extremists. I am inclined to believe that they are right in their views; if so, some day dairy products will be cut from the list of foods for adults. Compensation demands that there be a comeback to every violation of the laws of the universe; and

if prolonging the maternity of the cow is a violation of the law, we must suffer the penalty. I am quite sure in my own mind that over-use of dairy products is responsible for many of our ailments. When I think of the prehistoric animals that are now extinct, and of many of our wild animals, such as the deer, buffalo, and others that are passing—I am wondering if in time, as man evolves to a higher state of existence, whether there will not come a day when the cow and most of our domesticated animals will be known only in past history. I attempt, in all my writings, to lift up the ideal, not forgetting the practical. I like to present the subject from both angles, leaving it to the intelligence of my readers to decide which course they shall pursue. Dairy products form too much of our diet today to pass it over lightly. I shall now deal with the subject in a manner that seems best to me.

There are many different dairy products on the market. I shall discuss a few of them separately. Sweet milk as a drink is recommended above all others. Since it absorbs impurities readily, it should be placed where the air is pure. It should be taken when fresh and better not over a day old. It should come from a healthy cow, and that means that she must have clean foods and liberty of a pasture, or at least

green foods if kept in a lot. Stall fed cows can hardly remain healthy, especially if fed on soured corn and garbage. Milk from fresh cows is best. For drinking purposes a low cream percentage, such as comes from Holsteins, is best. Milk should be whole and not pasteurized. Pasteurizing milk cooks the life out of it. If you do not believe the life is gone, try to culture it with the Bulgarian ferment. You cannot always get whole unpasteurized milk from the market, but ask for it all the same, so as to create a demand.

Sour Milk. I have never had much faith in the advisability of culturing milk to sour it, and for that reason I shall only recommend two brands of sour milk. One of these is buttermilk churned from unpasteurized cream ripened naturally; the other is whole, unpasteurized milk soured naturally. For souring this whole milk, fill a glass and set away in a clean, warm place until it clabbers, then whip or eat with a spoon. Either of these sour milks generally go well with cereals unsweetened or with green salads, such as lettuce, and at times with sweet fruit. These milks are often good for constipation. Some find a glass of buttermilk with baked potatoes a good evening meal for such an affliction. The noted scientist who made a study of the lives of aged Bulgarians thought that he

had discovered the secret of their longevity in the sour milk they drank. I am convinced that it was not due to eating of any particular food, but that their lives were prolonged because of the simplicity of diet, the natural foods and their regular habits of living. I shall deal with canned and condensed milks by condemning their use altogether. I believe them to be more injurious than beneficial. I believe that every one would do better on fruit juices and gruel.

Cheese. Cottage cheese can be made in the same manner as the souring of the clabber milk mentioned above. When the milk is well clabbered, heat slightly or scald with hot water, then place in a strainer or cheese cloth for the whey to drain away. Do not heat too much, that makes it tough. After the whey is drained off sufficiently, place in a dish and mix a small amount of sweet or sour cream, then serve.

Of the commercial cheese, Swiss or American cheese when dried out and well cured are possibly the best. The very sour cheese and Limburger are too far on the road to decay to form a part of a moral diet. It is a puzzle to me how one can eat Limburger without a clothespin fastened to his nose.

Butter. Butter is best sweet, unsalted. Salt can cover up many rancid odors, and besides it is not good for us. There are now many good

butter substitutes on the market, such as the nut butters and Nucoa.

Ice Cream. Ice cream is another milk product the use of which is greatly abused. In the first place we make a mistake in indulging ourselves in iced foods, and especially in mixing to the same meal scalding and iced foods. Unless home made products you should better leave ice cream alone. When eaten, eat alone or with fruits—not with cakes and coffee.

DAIRY FOOD COMBINATIONS

Sweet milk combines nicely with sweet and subacid fruits and cereals—add no sugar. Some people can combine cereals with acid fruits. Chew milk before swallowing.

Cream combines with all the fruits, cereals, and can be added as a dressing to fruit and lettuce salads or lettuce and muskmelon salad. As a general plan, do not combine milk and green, leafy or other cooked vegetables.

Sour milk has already been discussed, also ice cream.

Cheese combines with fruit, tomatoes, green salads—especially nice with apples, pears and peaches when the peaches are ripe and mealy. I do not recommend pie as a healthful food, but when you have a pie craving that must be satisfied, you will find an apple pie with a small help-

ing of cheese very good. Avoid mixing them with bread, meat, beans and all the other heavy foods.

SIMPLE DIET

Too much variation in the foods we eat is our great dietetic mistake. It is my ^{own} opinion that a simple diet of natural foods is responsible for health and longevity more than any other thing in one's habits of life. You have heard so often of the Irishman's potatoes and of the Scotchman's oats as foods par excellence. I place the emphasis on simplicity instead of the special food. We make a grave mistake in searching the sea and the mountains, the north and the south for new foods to tickle the palate. We err in eating winter foods during summer, and summer foods during winter; by eating of the whole bill of fare at each and every meal. *The calor theory is bunk.* No one is wise enough to tell another just how many ounces of this or that food he is going to need throughout the day, any more than I can look at a Ford, just before it is to be driven over a new stretch of country, and say that it will use just so much oil. Select not too large a list of the simple foods that give you the greatest efficiency, foods that are in season, and stay with these foods. Let natural hunger gauge your intake, and not

the scale. Mixing foods at the meal induces overeating.

Simplicity is the solution of your dietetic problems.

PSYCHOLOGY OF DIGESTION

When it comes to eating we all have our likes and dislikes. Notions often bans some of the best foods from the diet list of certain individuals. There are several reasons for this. At times the body may be well supplied with the particular elements which some special food supplies. Sometimes abnormal cravings are responsible, and after a thorough body cleansing these distasteful foods will be eaten with relish; very often mental attitude is the cause. Those who have dulled the senses of taste and smell for years by over-cooked, spiced and pickled foods will find, after following a rational diet for a few weeks, that these senses have been rejuvenated until the flavors of ordinary foods will become quite attractive. The senses of taste and smell are given to us as protection against harmful foods. Spices, condiments and such things benumb and deaden these senses; that is why they are mixed with decaying foods. These senses stand as sentinels guarding the gateway to the stomach; keep them alert and alive. The senses are very responsive to odors; certain of the flowers that are very fragrant may sicken

such patients in a room where these flowers are.

When I was a child I ate a meal of green peas, which made me sick. For several years even the odor of peas cooking would nauseate me; but now I am very fond of them. I had very much the same experience with honey, but after a doctor told me that pure honey would make no one sick I tried eating honey, and since then eat of it as much and often as I like. There are other foods which persistently cause disturbance when I eat them, and no amount of psychologizing, it seems, will do away with my dislike for them. I believe that there are certain foods good for one which act as poison to another, while there are still others we eat that were not intended as food for man. I have seen dietetians force food on patients even to the point of nausea, because of preconceived notions that the patient had need of this particular food. I fail to see the logic in such feeding. It is wrong. In studying into the psychology of digestion you will find that the glands of the body are stimulated into activity by thought. Thinking of appetizing food starts the flow of saliva, the same is true of the other digestive juices. In the process of digestion it is very necessary that all the digestive juices flow freely as needed or the foods will be only partly digested and we shall suffer the conse-

quences. When there is a dislike or repulsion for a food, it should not be eaten; for this dislike inhibits the flow of the digestive juices. To force food into the stomach at such times, regardless, is to store up a mass of partly digested, fermented or decaying substance which is sure to work harm to the body. Relish what you eat or do not eat. If you have a persistent dislike for a certain food leave it alone, there are a plenty of other natural foods to select from. To get best results from the foods eaten there must be a free flow of the digestive juices.

Depressing emotions should not be indulged in at meal time. At this hour lay aside hate, fear, anger and all family quarrels. If you cannot calm yourself, fast until next meal time. Experiments have shown that the digestive processes in the stomach of a cat are checked immediately at the sight of a dog which excites and angers it. If you are a patient at a health resort or elsewhere, refrain from discussing your ailments at the meal hour.

To get the best results from foods eaten, and to insure health, think and talk at the meal hour only of pleasant things and have the emotions in harmony with the occasion—business can wait until another hour.

FOOD COMBINATION

Combining of foods properly seems to be a perplexing problem for most of those who are reeducating themselves to a correct diet. To make the solution easy the first lesson to learn is that the less combining of foods the better. Awhile ago I was invited out to a meal which consisted of chicken, gravy, dressing, hot biscuits and butter, beans, potatoes, jam and jelly, dessert of pie and two kinds of cake, cream and coffee. I ate of the whole list down to the coffee, but balked on that—in fact I must or else offend the hostess by making her think that I did not enjoy her cooking. Well, as I was saying, I got on the outside of the meal, but oh my! how I suffered afterwards. This meal consisted of nicely prepared home products on the farm, but there was enough of variety on the table to divide up into many meals. I am reminded of the man who, when eating his first meal in a hotel, ordered the whole "Bill of Fare." You do not have to eat all of the articles set before you just because they look good and taste good, and you must not if you value your health. Let people laugh at you if they will, they shall soon learn that you have a will of your own and that you are going to use it. After awhile your gain in

health and efficiency will cause them to take interest and drop into line.

Some months after I had eaten the above mentioned meal, the housewife who prepared this meal was taken sick with a severe case of inflammatory rheumatism. She wondered why, but I was quite sure that I knew the why. After following a sane diet for awhile she was greatly improved, but when she returned to the old ways of eating the rheumatism came back.

It is best to select from not more than two to four articles of food to a meal, let these be of foods for which you have a special craving at the time—simple natural foods. Vary the foods from meal to meal, or day to day rather than attempting to combine fully balanced scientific rations at each and every meal. Each individual has requirements peculiar to himself; for that reason I shall not lay down hard and fast rules here. By eating few articles to the meal you are able to discard the disturbing foods and in time learn for yourself what is best for you. Everyone should know food values so as to be his own dietitian. I shall discuss good and bad combinations when I take up and discuss the different foods separately.

CEREALS

Cereals or grains are the seeds of grasses—a product of man's cultivation. I shall take up and discuss separately the ones commonly used as food for man. As far back as we know wheat has been a cultivated food product. As a general rule eat sparingly of the grains and their products, especially during warm weather, or when doing sedentary work. In warm and southern climates it is best to eat them only when in the milk stage. Eat the entire whole grain unfired. They should not be ground long before using. We should cultivate a taste for unfired grains and eat them more often in the whole berry form without milling. The whole grains cooked, parched or in popped corn should take place of bread more often than they do. I am sure we should be better off were bread dispensed with entirely. Of bakers' bread you should demand 100 per cent grain without mixing two varieties. By 100 per cent I do not mean the imitation brands of graham made by adding a cup of molasses and a handful of bran to some white flour. Bran should not be separated and eaten alone, grind it in and eat with the whole grain. I am not an enthusiast over the bran eating habit nor any of the other condensed roughage fads. I am

backed in this belief by experience and special investigation. Of the prepared cereals on the market I find those of the nature of shredded wheat to be best.

In the home there are several ways of preparing wheat. Possibly the best is to select and wash a cup of wheat berries, soak 24 hours, cook over a slow fire for two or three hours, adding one of the sweet fruits if desired, then serve with butter or milk. This is a cold weather dish. The wheat alone is nice served with fruit. Cracked or coarsely ground wheat cooked into a porridge can be served very much the same. Use no sugar.

Corn. Corn-meal can be cooked into a mush and served with milk. This is a nice winter dish. The whole grain can be made into hominy which is a nice dish buttered and served as the starch dish of a cooked meal. Parched or popped corn is also good.

Sweet corn or roasting ears are very good in the milk stage served raw, eaten from the cob or as a part of a salad. To cook remove all but two layers of husks, tying the loose ends with a string, place in the oven and bake twenty minutes; remove husk and serve with butter. Or place in pot of cold water on the fire and bring water to boil; serve same as above. Can

be eaten with milk, butter or served with any of the green leafy or succulent vegetables.

Oats. Unless doing strenuous work oats should be eaten sparingly. They are a good dish when cooked into a porridge rather dry and served with cream or butter and fruit. They are good flaked and eaten raw.

Rice. Use only whole unpolished rice. Boil fifteen minutes without stirring; remove to oven or steamer and finish cooking. Serve with butter or cream with fruit. Can also be served as starch dish of vegetable meal.

Ripe grains should be served chiefly as a cold weather food. When they are served eat no meat, legumes, or other heavy food at that meal. Some find it difficult to mix them with very acid fruits. Do not mix much with nuts. In the process of digestion it is necessary that cereals be well mixed in the mouth, that is one reason why they should not be coated with grease.

FRUIT

Of all the foods fruit is undoubtedly the most ideal as food for man, and should take first place. In southern climates they should be man's chief food. He can live indefinitely on fruits alone. The natural intuition of the child guides it to select fruits in preference to other

foods. Fruits should form the bulk of the meal rather than being used as desert. The acid and sub-acid for warm weather and the sweet more for cold weather. Man who chooses to live in frigid climes, away from fruits, is out of his natural element and he suffers as a result regardless of the fact that he can readjust himself to almost any climate. Fruits are not only a food but a medicine as well. Properly applied there are no greater remedies than fruit juices. We should study to know the properties and actions of fruits and other natural foods so as to be able to prescribe them for treating and curing disease, as the medical doctor attempts to apply drugs as a cure. Fruits are not lacking in strength producing properties. As much as possible eat fruits in season. I shall now divide fruits into several groups and discuss each separately, naming a few of those in common use.

Acid Fruits. In the acid group you will find lemons, limes, grapefruit, gooseberries. As milder acids you will find sour apples, cherries, plums and red raspberries, strawberries, pineapples, and a few others. Lemons, grapefruit and pineapple are especially good in cases of acute reactions such as colds and flu. They neutralize and eliminate harmful acids and waste from the tissues of the body. They are

refreshing and cooling warm weather drinks, taken without sugar. For sweetening add a small amount of honey, a spoon to a glass of juice (tea spoon). Leave all sweetening out when taken as medicine for feverish conditions. The blood can be overly thinned by taking too much acid fruit. The fruits in this group combine with other fruits, nuts, cream; but as a general rule not with milk, with green leafy vegetables; with meat, but not so well with starches.

Sub-acid Fruits. In this group you will find apples, plums, cherries, peaches, tangerines, blackberries and others. These fruits contain more sugar and are more filling than the acid fruits. They can be eaten alone with honey or cream, combine fairly well with cereals where sugar is not added. They go with meats. They combine with most of the nuts and other fruits. Served with lettuce and nuts they make a nice meal—almonds, pecans or pine nuts preferred.

Tartish Sweet Fruits. There are many of the fruits that range all the way from sweet to acid in nature, all depending on the variety. In this group you will find apples, plums, cherries, berries and a few others. These can be placed in their respective groups, depending on the variety.

Sweet Fruits. Under the list of sweet fruits you will find figs, dates, raisins, prunes, pears, bananas, persimmons and like fruits. These are sugar carriers. They contain sweets in their best form for man's consumption. Children should be given these foods instead of candy. The man or woman who eats a whole pound of chocolates at one sitting has no place on the prohibition board, nor need he have worry about the country going dry, for he is distilling his own alcohol in the stomach from refined unnatural sweets. Since sweet fruits are substantial foods they should not be eaten with cereals, nuts, meat and the other heavy foods. They are low in mineral contents for the fruits. As a general rule do not mix much with the acid fruits, but serve with milk, cream or green, leafy salads such as lettuce.

Melons. Closely related to the above list are the melons. The melons should be served as a whole meal instead of between meals as is the practice. It seems to me that the water-melon will not mix well with other things—it should be eaten alone. The different varieties of musk-melons make nice salads with lettuce and cream dressing.

Pumpkins and Squashes. I have not found pumpkins and squashes appetizing unfired.

They can be cooked and served very much the same as a potato.

Tomato. The tomato is a vegetable with fruit properties. It can be used as fruit or vegetable and is best served raw. Can be eaten raw with bread but not so well with other cooked starches, refined. Usually combines with baked potatoes, also with meat or cheese.

Olives. Olives from health standpoint are best ripe and sun dried, the lye process destroys the bitter taste. They can be eaten with nuts, fruits and green, leafy vegetables.

GREEN LEAFY VEGETABLES AND SHOOTS

Cabbage, cauliflower and brussels sprouts—these often cause disturbance, especially when cooked. I find steaming to be the best method of preparing them, seasoning to be added after cooking. Nice, crisp vegetables of this class make good raw food dishes and are best eaten raw. I find that many people who cannot eat cooked cabbage can eat it raw. When raw eat with nuts or sub-acid fruits. When cooked serve as the succulent vegetable of the meal.

Asparagus stewed can be eaten with meat, potatoes or served with eggs on toast.

Greens. You find lettuce, cress, dandelion, spinach, mustard, beet tops and other greens

in this list. The first four or five make delicious salads, lettuce heading the list. All make nice cooked dishes. To cook these place just enough water in a pot to prevent scorching and a small piece of butter. Wash greens well and cook fifteen minutes. Serve with meat, cereal or any starch dish. Unfired in salads, serve with fruit or nuts.

ROOT PLANTS

Potatoes, turnips, carrots, parsnips, and radishes are common foods in this list. Potatoes are best cooked and served jacket and all; so are carrots and turnips, but remove peel of beet after cooking and discard it. Stew, bake or boil these and serve with cooked succulent vegetables or salads. A mono-diet of potatoes with addition of butter or a simple meal of buttermilk at night is good in case of constipation. Children are fond of raw potatoes and should be allowed to eat them. Eating such foods destroy intestinal parasites. If desired, grate a small helping and serve as part of a salad. Sweet potatoes can be served very much as white potatoes.

Beets are good as blood builders and especially good for nursing mothers where there is an insufficient flow of milk. Serve unfired, or cooked and buttered.

Eat carrots and turnips either unfired or cooked as a succulent vegetable. They are nice served unfired with a few nuts or as a part of a lettuce salad. All the above unless the last two named should not be served with meat, beans and such foods.

Bulbs. Under this list I shall name onions, garlic and leek. I believe the use of onions is often abused. It is reported that the Children of Israel while in the Wilderness longed for their onions and garlic, which were left behind in Egypt. The Lord only knows. I often wish these two vegetables had never been transplanted outside of Egypt. They are said to be good blood purifiers, but it causes me to want to go on a strike when I set down to a meal spoiled with mixing of onions. I am willing that they be used for medicinal purposes, but because I do not care for them is no reason why others should not eat them if they like. Some day I too may be fond of them. They should be served on the table in a dish alone, so that those at the table could select or leave as they like. Onions, green tops and all are good served raw. Stewed or baked and buttered they can be served as a succulent vegetable. Garlic and leek can be served the same. Leek tops and all is good stewed, buttered and served on toast. They can also be seasoned

with cream or milk, or a clove of garlic is said to be good rubbed into a piece of buttered toast. Garlic cooked in milk is good to rid children of intestinal parasites.

LEGUMES

In this group of foods you will find beans, peas, lentils and peanuts. Legumes are heavy concentrated foods, containing much protein and starch. In the dried state they should be eaten during winter weather instead of summer; during the summer substitute with green peas and string beans. At all times they should be eaten sparingly, especially by those where there is over cumulation of uric acid in the blood. They contain so much nourishment that they should not be served with other heavy foods; they should be eaten with succulent vegetables, raw tomatoes or green leafy salads, possibly a little lemon juice and oil or some of the subacid fruits. Fruits should not be combined with legumes. Lima beans are best when soaked, outer skins removed, and then boiled or cooked in a steamer until soft and seasoned with butter. With the smaller beans addition of a small amount of mustard while cooking makes them easier to digest.

String beans and green peas should be eaten during the summer. When dried or canned

they are good for winter. Serve as a succulent vegetable. Some like the green garden pea as a raw food with honey dressing.

I do not think so very much of the peanut as a food. It should be eaten unfired. When made into butter it should also be unfired.

LIQUID FOODS

The human body is composed of millions of tiny cells. These cells grouped into colonies form the tissues and organs of the body. Each cell, like the primitive one-celled animals of the sea, carries on the life processes as an individual very much the same as the body as a whole. These tiny cells are bathed and suspended in a liquid medium, which is the body fluids known as blood and lymph. The circulation of blood and lymph through their respective channels, is the means of transportation of food to these tiny cells and of waste products away from them. It is necessary that the fluid contents of the body be kept constantly moving. Cooked foods, spices and condiments create an abnormal thirst. Abnormal thirst waterlogs the body and overworks the kidneys. Many people get a notion that they must drink gallons and gallons of water a day, many doctors prescribe much water drinking and colon flushing. My reasoning and experi-

ence leads me to condemn forced water drinking. The process of elimination in the body is more chemical than that of flushing. A certain amount of moisture is needed in this chemical reaction, but the human body is not a thing that you can flush out and cleanse as you would a sewer. Drink only when thirsty, best not at meal-time. Cut out foods that are causing unnatural thirst. Foods if eaten in the natural state will supply most of the liquids required by the body. I shall now discuss some of the liquid foods.

Fruit Juice. There is nothing more refreshing and cooling on a summer day than a glass of cool fruit juice—unless it is a glass of pure water. A wise plan to follow during the summer is to often make a whole meal of fresh fruit juice alone, from berries or other acid or subacid fruits that are in season, sweetened if desired with honey. Every kitchen should have a small fruit crusher and press. There is no particular objection to adding a few mint leaves if desired. These juices unsweetened and diluted have great curative values and should be served often; they keep the blood from getting too thick during the summer.

Soda Fountain Drinks. There are so very many harmful ingredients placed in pop, ice cream sodas, colored fruit drinks and other

such beverages that one will do well to strike the whole list from his dietary. These are commonly taken between meals and one should not eat between meals.

Stimulating Drinks. Alcoholics, tea, coffee and cocoa are common drinks which I shall discuss briefly. One who has never indulged in these foods never misses them. I believe that they are more harmful than beneficial. Store tea is as bad as any, but I am convinced that an office worker would fare far better on a cup or two of weak coffee or tea for breakfast than he would on ham, eggs and hot cakes for that meal.

Chocolate is possibly less injurious than the others. To prepare this drink take a piece of bitter chocolate the size of a sugar cube, drop into a cup of water that has come to the boiling point, stir and cook for three minutes, remove from the stove and dilute to taste with milk or cream. This served with buttered toast or fruit makes a nice light evening meal during cold weather.

Soups. For several reasons I do not approve of soups being used as they are. In the first place, soups should be served as a meal alone instead of just a part of a meal. There is some excuse for hot soups in the winter time,

but why serve them piping hot as summer dishes? Better serve cool, then. Both scalding hot and iced foods are bad for the health, and especially when indulged in together at the same meal. They injure the teeth and irritate the mucus membrane of mouth and stomach. Hot foods relax the muscles of the stomach causing it to expand, which leads to overeating. It weakens the walls and may cause ulcers. Another objection to soups is that they are so often composed of a regular dukes mixture of things. It seems to me that the many mixed soups are less tasty than the simple ones made of but a single article seasoned afterwards with milk, butter, cream or nut butter. I am sure that these simple ones are better for the health. Do not destroy the individual flavors of the foods you eat.

Potato soup can be made by peeling and slicing and boiling the potato until soft then thinned down with water or milk to taste. For lima bean soup, soak and remove outer skin and boil until soft, mash and dilute to taste.

Onions, carrots, turnips and many other vegetables can be used in like manner to form delicious soups. Such a soup served with toast and salad of lettuce is sufficient for a meal. Fruit juices can be made into cool soups for summer. All of the juices from cooked vege-

tables and fruits should be saved and eaten; they contain valuable mineral elements.

SALADS

Salads, like the soups, should more often be the main dish of a meal. It is well for the sake of health and efficiency to frequently make a meal entirely of salad. Here as elsewhere I hold to the plan of simplicity. Much variation destroys the individual flavors, more in cooked foods than in raw, and causes overeating, which is the big causing factor of disease. Mixing of unfired fruits and vegetables is less harmful than mixing them when cooked. Outside of lettuce I do not approve of much mixing of fruits and vegetables in salads. In making salads mix no more than three articles, and the dressing. I shall now give a few very simple recipes as suggestions. Others can be created to suit the individual taste. To depend on others entirely without creating dishes of your own make, takes all the interest out of food preparation.

A good salad can be made of ripe apples, raisins or dates and lettuce. Very ripe bananas served on lettuce with whipped cream is also good.

Lettuce, sweet pears and cottage cheese.

Lettuce, sweet peppers and cottage cheese.

Lettuce, pine nuts and apples or pears.

Blackberries, dates, whipped cream, served on lettuce.

Any of these alone or with buttered toast make a nice meal. For dressings use lemon juice, oil, or lemon, egg and oil beaten together, whipped cream or nut butter whipped to cream by mixing two parts of water to one part of butter.

BEST WAY TO COOK FOODS

Grains. Cereals should be cooked over a slow fire whole or coarsely ground and dried out enough to require thorough chewing. I purposely have given no bread recipes, because I believe bread eating to be responsible for many of our digestive disturbances. Whole grains raw, cooked or parched, should take the place of breads. When eaten, bread should be 100 per cent whole grain, and it should not be eaten oftener than once a day. Of the white breads on the market, the French and Italian brands are best. Soda, baking powder and other ingredients used in baking are objectionable elements.

Root Plants. With most of the root plants, wash and bake, stew or steam in their jackets.

Leafy Vegetables. Steam these or else cook in a pot with little water.

Legumes. Boil or bake; when possible remove outer skin. Season after cooking.

Fruits. It detracts from most of the fruits to cook them. Green fruits should be cooked. Apples and bananas are good baked. After you have become used to unfired foods you will find that cooked fruits are more or less tasteless. Dried fruits need no cooking. Wash well and soak twenty-four hours in cold water.

Nuts should not be cooked.

THE COOK STOVE

We are slaves to the cook stove, which is more a curse than a blessing. Ben Franklin may have been a wise man but I believe he should have been fired from the kitchen when he invented the cook stove. Cooking destroys the life elements of food and surely changes the chemical composition to a greater or lesser degree. One noted physician states that unfired food is five times more sustaining than cooked foods. A few years ago some one conceived an idea of improving on Nature by cooking food for live stock; but he must have forgotten to consult the cow and horse before putting this scheme into practice. As proof of its failure you will see large discarded cooking vats in fence corners in some sections of the country. I see no excuse for serving hot foods during warm weather. It is no wonder to me

that so many women sidestep the marriage ties until the husband-to-be is able to hire a cook. Were I a woman, it would take an awful dose of love sickness to induce me to contract to serve over a hot cook stove day in and day out, winter and summer, "until death do us part." I know what I am talking about, for I have served time in the kitchen with the frying pan and dish cloth. Were we to see less of the cook stove and eat more unfired foods, our health would improve and greater peace and harmony would prevail around the fireside. I dare say that there would also be fewer divorces.

UNFIRED FOODS

I should hardly believe it had some one told me a few years ago that some day I would be living chiefly on unfired foods, yet that is what I have been doing for the last two years. We are creatures of habit, the majority of us living and doing as our parents have done before us without reasoning about the logic of our acts. In reality there is nothing strange nor faddish about eating raw foods. All the animals but man live on such foods. We as babies for the first few weeks of life live on mother's milk, a product that has not been prepared on the cook stove. It is interesting to me when going into the lives of many who cured themselves

from supposedly incurable ailments, to learn that the miracle was enacted through the use of unfired foods. I recall now the story related in the Bible of the old Babylonian king, who became insane and was restored to sanity after going and living as the cattle of the field. Personally I have observed the response of case after case dieted on unfired foods bringing about a cure after all other means had failed. When you know of its clearing away tumors and other growths, of its giving a new lease of life, extending the years from 80 to 109—when you see all this, you feel like discarding cooked food forever.

Many people tell me that raw food is all right for an office man or those not working, but that a working man cannot keep up strength on it. I have known all kinds of cases which disprove this. Just a few days ago I met a husky, healthy young man who is an outdoor laborer. He told me that he had been living on unfired foods for the last three months, not even using dairy products or eggs. I have before me now a magazine picturing a two-year-old child who has never tasted cooked foods. This child is the very picture of health and has never had any of the diseases common to children. It is possible to live on unfired or raw foods and do the hardest kind of labor. It is

practical, and more people will be eating raw foods when the mental fear is cleared away. The young man mentioned above was overweight when he began eating raw foods. After a while he dropped below normal, but is now coming back to normal. His tissues must first be cleansed. This I have found true in practically all cases—that when the impurities are cleared out of the body the weight will gravitate back to what is normal for each individual. Instead of stuffing to gain weight, clean out and eat natural foods. The same holds true with building muscle—well nourished tissues and not forced exercise builds good muscles. Fruit, nuts and all ripe foods are cooked—cooked by the slow penetrating rays of the sun. Why cook them more?

Since most of us have been in the habit of eating cooked foods from earliest childhood, it seems to me to be best to change to unfired diet gradually, although I have seen the change immediately with good results. Rapid changes do not give time for readjustment and often cause violent reactions. There is no particular harm for such reactions to come at times if treated properly. Some people give up raw foods at the start because they do not understand that these reactions are natural. To begin with, work away from cooked foods by

substitutes just the same as working away from meat foods, by gradually cutting down on the cooked dishes and adding to the unfired dishes. As a general rule it is best to not mix cooked and raw foods at the same meal, so as soon as possible train yourself to eat one or more meal a day of raw foods entirely. Raw foods cause less fermentation and gas. For the beginner who is trying an unfired meal it is better to only try the fruits and lettuce, and work to the coarser vegetables, especially root plants, later. Nuts can also be added to the fruits, my choice of them being pecans, almonds and pine nuts. Allow body readjustment to take place slowly, for the slow, gradual changes are the permanent and lasting changes. Conditions of disease which have been years in developing will take time to correct—it is a process of re-education and retracing. Some of the old ailments that are in the chronic stage are liable to begin to thread out through acute reactions.

If on the two meal a day plan, which I like best, eat one meal of raw foods. If on the three meal a day plan, eat two meals of raw foods; then as soon as possible try going several days on all raw foods. They will give you health and efficiency. Here as elsewhere cultivate the habit of eating no more than two to four articles to the meal.

SPECIAL DIETS, FADS AND FANCIES

Fasting. Fasting is a great curative agency. It cleanses the tissues of the body, and that is the first step toward eradicating disease. It clears the brain and allows a free inflow of the life forces, and cleanses the soul as well. It is a splendid way to get control of false appetites and the baser passions; this last benefit I consider of vast importance. All through the Bible you see mention of fasting and dieting or selection of proper foods, but the average minister of the gospel seems to pass over such quotations lightly—suppose they take it figuratively. To preach morals to the young and disregard eating habits is as foolish as to attempt to push back the tide. The average diet of eggs, meat, pies, coffee and such fed to the child passing through the adolescence age, excites the passions so that it is almost impossible to hold them under subjection. Fasting is indicated immediately in all acute conditions, to be continued until the reaction has subsided. In chronic conditions it is often best to give a preliminary diet first. It is good for moral cleansing and spiritual development. Fasting should not be taken up blindly; if continued longer than five days, should be directed by an experienced faster.

Milk Diet. An exclusive diet of milk is simple and often brings splendid results. Simplicity is the secret of all successful dieting. Not every one can take milk satisfactorily, diarrhea usually being the most difficult complication to overcome. There should always be a body cleansing of a few days by fasting, or fruit diet, before starting a milk diet. For the first few days do not mix fruits, but after well started some get better results by addition of a little fruit. I believe it best to make it as near the exclusive diet of milk as possible. Sucking juice from a lemon between drinkings two or three times a day will usually keep the mouth sweet. I find that in most cases not more than five or six quarts a day give best results. At any time during the day when one feels stuffed it is well to skip a drinking period. Stuffing on any food is wrong. For that reason going to bed on the milk diet does not appeal to me. Most sick people are in need of rest.

Fruit Diet. Eating of a single fruit for a meal or day sounds like a starvation diet to most people, but if you have a cold or the appetite is poor and you feel all out of sorts, a diet of apples, grapes, oranges alone for a day or several days, will bring you a surprise. It will make you feel so hungry and well that you will want to repeat the dose. A diet of this nature

and especially of diluted fruit juices is less drastic, and I find almost as far-reaching as a fast, and in some cases better. It is worth considering by those who need cleansing treatment but cannot quit work for a fast.

Sour or Fermented Foods. Fermented foods such as sauer-kraut, cheese, liquor, and yeast are not good foods. Some people do not discriminate between natural and unnatural ferments. In the air and in the digestive tract you will find natural ferments or yeasts — wild yeasts on fruits. I believe that the yeast-cake dosing is becoming too much of a fad. How did primitive man get along without it? How is it possible for the animals to live without it? Using the slang expression, it is *all bosh*. At least I believe that it is another commercialized food which stimulates the sales department of the yeast companies to a greater extent than it does the activities of the body. It seems to me that we give the Creator credit for having poor intelligence in our attempts to create so many artificial foods. Were it a natural food we would be having a yeast-cake tree. If you are going to continue to live on just any old thing that is passed your way, possibly you can use a cake of yeast now and then as you will certainly need it or something to relieve constipa-

tion. Yeast cake should not form a part of the diet of one living on natural foods.

Vitamines. Man is always looking for something that he can take in spoonful doses with the idea of not having to suffer as a consequence of his acts. The only sure immunity is to know oneself and obey the laws of our being. For thousands of years man has searched for the elixir of life. Now he thinks he has found it in the vitamins—yes, he is going to find the life elements and deal them out in doses. We make of the diet a most complicated thing, almost verging onto mystery. What are vitamins—and who cares? The cat and cow manage to live in fair health without worry over the vitamins. They get life and health from the foods they eat, because they eat what a cat and a cow should eat. Man will also be healthy in proportion as he learns to eat what a man should eat. As far as I know, all natural foods contain these life elements, but if you do not want to destroy them, keep your foods out of the hands of the cook and the refiner.

Stimulants and Appetizers. A stimulant is something which whips up the body activities without adding anything in return—it takes strength when there should be a recharging of it. By their use you live faster and die quicker.

If you desire to live out your full span of years, rest when tired instead of lashing up the body activities. Peppers, spices and condiments irritate the mucus membrane of the digestive organs, increasing the flow of juices which leads to overeating. True hunger needs no lash, and it must not be constantly lashed if we are to stay healthy. These ingredients often mask decaying foods. Foods that have to be doctored with spices to pass the censorship of the taste and smell are unfit foods to eat.

MONO DIET

Mono diet is a diet consisting of a single food. As a curative diet it works wonders. There is a record of a man living in prison for seventeen years on nothing but black bread and water, in health. I know a man who lived sixty days on peanuts to win a point. His wife lived on apples for ninety days and cured herself of what was diagnosed as an incurable disease. So you see that one will not die even after several weeks on a single food. All of us at times have cravings for some particular food. This craving is a call from our better instinct. We should heed the call by making a whole meal on this article so long as it is natural food, or several meals if desired. Preconceived notions as to table manners and fear of remarks from others often prevent us from eating as we

should. When you have a craving for a mono meal satisfy that craving and tell others who would criticise, to go-be-hanged—if you starve it is your funeral and not theirs. The average American is in greater danger of dying from overeating than from not eating enough. Animals often eat but one article at a meal. The child would do likewise if the mother would let it. I suppose we have all been scolded by our mothers and told to eat more bread and not make a meal of one thing. More bread is the very thing the child should not take. Our system of education is too often a process of replacing instead of a development of the natural instincts. It is wise to often have a mono meal.

MEDICINAL FOODS

When we learn to eat the foods we should, we shall have gone a long way toward eradicating the curse of sickness and disease. When mankind learns of the full medicinal properties of foods and how to apply them as remedies, the ignorance and superstition that made possible the corner drug store will be replaced by knowledge which will convert these institutions into pure food stores. Animal life cannot take root and grow in dirt, but plant life can. The minerals of the earth must first go through the transitional stage of the plant and be converted from inorganic to organic before it is fit food

for man. Medicine should be food for man, and his food should be his medicine. The human body has within its own chemical laboratory that which is capable of manufacturing all the elements needed to maintain health. Eat the proper foods and leave the body to take care of the rest. Many foods have specific medicinal value. Many things we eat should not be used as food. I believe that there are still other foods eaten regularly that should be used only for medicinal purposes. I shall now list several of the fruits and vegetables which are said to have specific medicinal values, many of which I have tested and found satisfactory. I offer them as suggestions for those interested in this subject:

Lemon—Germicide and disinfectant, internal and external use. For a wash, water boiled and juice added one to two.

Grapefruit—For malaria.

Pineapple Juice—Afflictions of the throat.

Grapes—Blood purifier and good for intestinal disturbances.

Berries—Intestinal disorders, especially blackberries and blueberries for diarrhea.

Juniper Berries—Increase flow of urine.

Tomatoes—Liver tonic.

Flax Seed Tea—Soothing to inflamed bowels.

Apples—Cleaving to lower bowel.

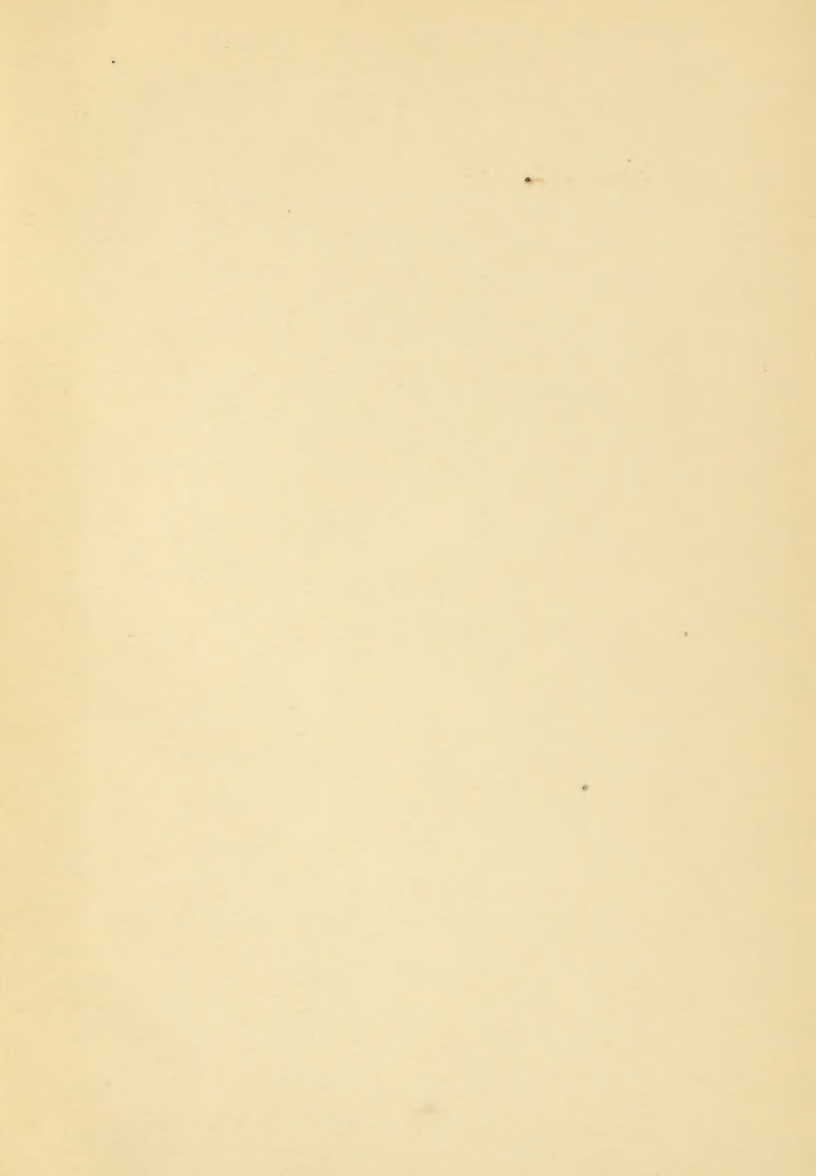
Strawberries and Oranges—Eliminators of body impurities through the skin.

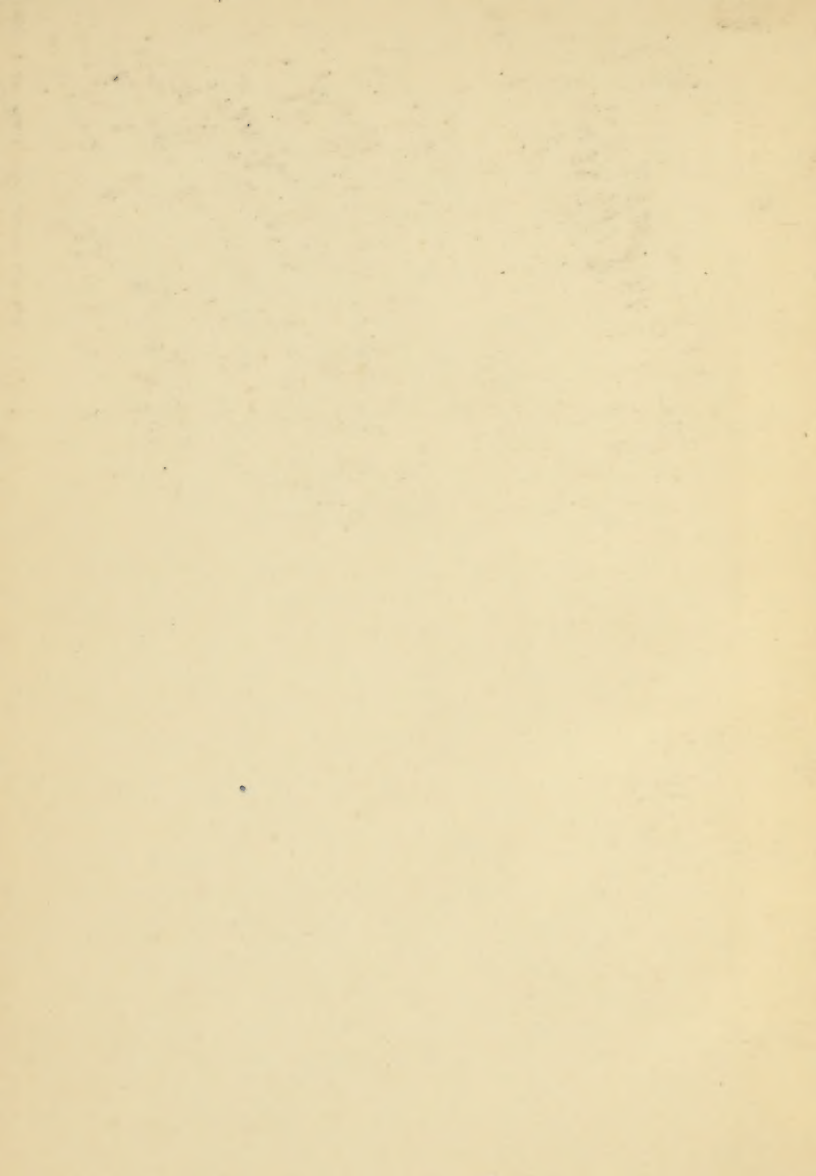
Carrots—Spring tonic.

Onions—Produce sleep, cleanse the blood and quiet the nerves.

Lettuce—Soothing to nerves.

Spinach and Dandelion—A good tonic.





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